



Office Ergonomics Training for Trainers

WHAT IS IT?

The Ergonomics Train the Trainer class is a program that is designed to give you a firm technical background in the area of ergonomics. Participants will gain a practical working knowledge of applying ergonomics. At the end of the training, participants will be able to:

- Perform basic ergonomic evaluations
- Provide employee training on ergonomics principles
- Identify risk factors related to repetitive motion injuries
- Determine practical control strategies
- Understand OSHA requirements

An Ergonomics Manual that contains the information and worksheets necessary to start conducting ergonomic evaluations will be provided.

WHO SHOULD TAKE IT?

Those responsible for educating staff about ergonomics as well as performing workstation evaluations, including managers, supervisors, and safety personnel.

HOW LONG IS IT?

The class is a two-day program with the first day focusing on learning the technical aspects of ergonomics and the second day providing a more hands-on approach for performing workstation evaluations.

WHEN & WHERE IS THE CLASS OFFERED?

April 8 and 9, 2003 8:30 am – 4:00 pm
707 Third Street, First Floor Room 1-316
West Sacramento, CA 95605

IS THERE A FEE?

The cost for this course is included in the state safety pro-rata allocated to each department.

HOW DO I REGISTER FOR THIS COURSE ...BY WHEN?

It is advised that you register for this class as soon as possible since space is limited to 20 students. You may register for this class by contacting:

Kari Jackson
(916) 376-5310 CALNET 8-480-5310
email: Kari.Jackson@dgs.ca.gov



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